

Canned meats can be fair winners

YORK — Canning meats for future use is an age-old, inexpensive way to feed your family. You can take advantage of the family hunter's bounty or specials from the butcher or supermarket and enjoy them long after the season is past. You can also treat your family to meat specialties and pates not always available on your grocer's shelves. But you

may be confused by conflicting advice about how to can meat.

If you want your canned meat to be the best of the county fair or at least the best in the neighborhood, take this advice from A. Joan Lamberson, Extension home economist for Penn State University Cooperative Extension Service. Here's how the experts judge canned meat.

All canned food products, including canned meats, must be exhibited in standard canning jars, and sealed with vacuum or self-sealing lids, with the screw or ring bands removed.

The jar should not contain too much fat for the type of meat—no more than 1/4 of content. The fat at the top of the container should be free from discoloration or foreign-

matter. The texture should be good for the type of meat and if the meat is browned, it should not be crusty and hard.

The color of the product should be natural for cooked meat—it may have a pink or red cast, but should not be bloody looking. The color should be clear.

The product should be packed

full to within 1 1/2 inches of the top. The pieces should be uniform in size and the jar should be relatively free of trapped air.

The liquid of canned meats varies with the method of processing, but usually it should be half-way up. It should be clear, free from sediment, and may or may not be jelly-like.

Prepare canned vegetables

YORK — It's nearly the peak of the season for many of Pennsylvania's vegetables. That means it's time to get ready to can your favorites so you and your family can enjoy summer vegetables all winter long.

You may even be thinking of entering your favorite in a local fair or the Farm Show. If you are, or if you just want to be sure of making the finest, you need to know how the judges decide which canned vegetable is the best of all the rest.

A Joan Lamberson, home economist with Penn State's Cooperative Extension Service, has developed criteria to use in judging canned foods exhibited at fairs and farm shows and she's sharing them with you. Use these tips to make yours the best.

All canned food products, including canned vegetables, must be exhibited in standard canning jars, sealed with vacuum or self-sealing lids, but with screw or ring bands removed.

Vegetables used for canning should be young and tender, free from strings, fiber, large stems, cores, white streaks, or starchiness.

Pack vegetables in jars to within one inch of the top. The liquid should be clear and cover the product. There should be no sediment in the bottom of the jars and the jars should be relatively free of trapped air.

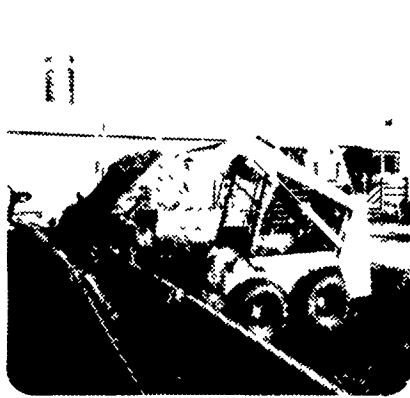
Vegetables for canning should be uniform in size and shape and have no defects. They should have an even color throughout and the color should be characteristic of the vegetable.

Vegetables should hold their shape and not appear mushy. If you are canning beans or peas, be sure none are split.

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7:00 am



8:35 am



9:27 am



10:17 am



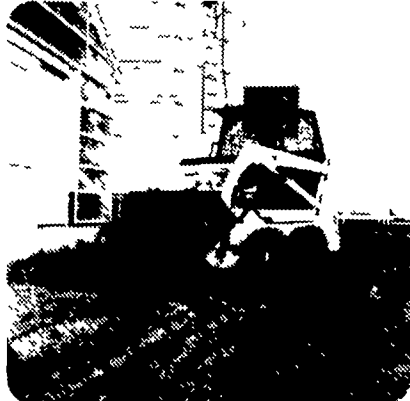
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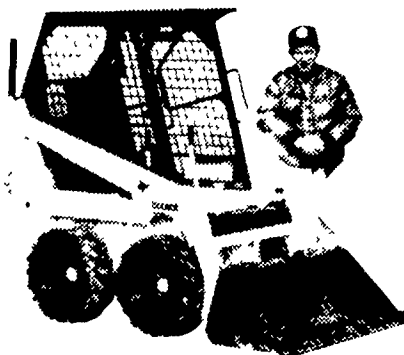
4:10 pm



4:35 pm



6:19 pm



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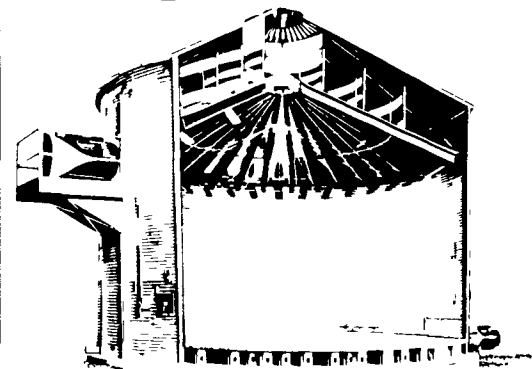
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